

Train/Ready Phase



"Climb to

ABBREVIATIONS

- **DW = Dynamic Warm up**
- **RD = recovery drill**
- **PSD = pushup/sit up drill**
- **FM = foot march**
- **aml = approach march load**
- **STC = strength training circuit**
- **4C = 4 for the core**
- **CD = conditioning drill**
- **SR = shuttle run**
- **RR = release run**
- **HSD = hip stability drill**
- **CL = climbing drill**
- **AGR = ability group run**
- **TR = terrain run**

Note: We are using "DW" in lieu of "preparation drills" (PD), in order to allow for more flexibility with the selection of movement preparation/warm up exercises.



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
K					
1	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (10 reps), or 300 yd-SR (2 reps) + hill repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (10 reps), or 300 yd-SR (2 reps) + hill repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
2	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (12-15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (12-15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), 5-10k FM w/ flk or aml, or Unit run (30 min) Recovery: RD (30 sec)
3	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
4	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), 10-15k FM w/ flk or aml, Unit run (30 min), or RB



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
5	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), TR (20-30 min) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), 30:60s (10-15 reps), or 300-yd SR (2 reps) + Hill Repeats (8-10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
6	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 30:60s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), 5-10k FM w/ flk or aml, Unit run (30 min), or RR (30 min) Recovery: RD (30 sec)
7	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), TR (30 min) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), 60:120s (15 reps), or 300-yd SR (3 reps) + Hill Repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
8	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 30:60s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), 10-15k FM w/ flk or aml, Unit run (30 min), or RR (30 min) Recovery: RD (30 sec)



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
9	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), TR (30 min) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: ACUs/Boots, MMD 1&2 (1 rep), 60:120s (15 reps), or 300-yd SR (3 reps) + Hill Repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)
10	Preparation: DW Activities: MMD 1&2 (1 rep); 60:120s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); 30:60s (15 reps), or 300 yd-SR (3 reps) + hill repeats (10 reps) Recovery: RD (30 sec)	Preparation: DW Activities: CD 1&2 (10 reps); CL 1 (10 reps); PSD (2x60sec), or STC (3 rotations x 60 sec), or Strength training in Gym Recovery: RD (30 sec)	Preparation: DW Activities: MMD 1&2 (1 rep); AGR (30 min), 5-10k FM w/ flk or aml, Unit run (30 min), or RR (30 min) Recovery: RD (30 sec)



"Climb to